

Italian Blend Vegetables



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30664
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
VEG BLND ITAL	1/2 Cup	PACKAGING: 30# BULK PRODUCT IN CORRUGATE BOX. PREP INFORMATION: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.	285670

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- CCP: Heat to 135 F or higher.
- CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	26.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	4.00g		
Fiber	1.33g		
Sugar	1.33g		
Protein	0.67g		
Vitamin A	83.33IU	Vitamin C	3.33mg
Calcium	0.00mg	Iron	0.27mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available